

Tai Chi



Basic and Advanced Classes

- ❖ Improve Balance & Strength of Body
- ❖ Achieve Clarity & Focus of Mind
- ❖ Gain Calmness & Lightness of Spirit

Basic Classes

Date: Mondays, October 3-December 19
(10 weeks, no class 10/10, 11/7)

Time: Noon-12:55 p.m.

Cost: \$30 per participant

Instructor: Claudia Olson

Advanced Classes

Date: Mondays, October 3-December 19
(10 weeks, no class 10/10, 11/7)

Time: 1:00-2:00 p.m.

Cost: \$40 per participant

Instructor: Claudia Olson



Urbana Senior Center
9020 Amelung Street, Urbana, MD 21704
(located on the lower level of the Urbana Regional Library)

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